

Meeting Notes 9/28/21

**Juniata College
Wellness Committee**
September 28, 2021; 9 am
Zoom

Committee Members Present:

Penny Hooper-Conway
Betty McKim

Cady Kyle

New Business

Wellness Grant Application – Dave Hsiung submitted a grant application for the Muddy Runners to participate in the Tussey Mountainback. The committee approved the application and funding in the amount of \$470.70. (Sheffield, Pheasant voted yes via email).

Flu Shots – There will be a flu shot clinic on October 7 & 8. The wellness budget will cover the cost for faculty and staff.

Fall Challenge – Cady received a suggestion for a possible Wellness Challenge. She will send out an email with the information.

Old Business

Spring Challenge – Will provide an update at the next meeting.

Committee Membership- Discussed interest in continuing on committee, and suggestions for new committee members.

Meeting Day/Time – Leaving the meeting at same day and time for now, via Zoom as it make it easier for Betty to attend.

Wellbeing – Suggestion was made that we should consider ways to improve employees mental wellness.

Other Business – None.